

ABSTRACT

The present invention includes a balance training board for simulating the sport of surfing and related activities. The board comprises an upper surface and a lower surface and the lower surface comprises a concave region adapted to communicate with a substantially spherical balancing insert. Also provided with the present invention is a surfboard accessory that is adapted for placement on a surfboard. The accessory comprises a concave surface adapted to receive a substantially spherical balancing insert. The accessory may be removable. Additionally, a method for exercising using a surf simulator board is provided.